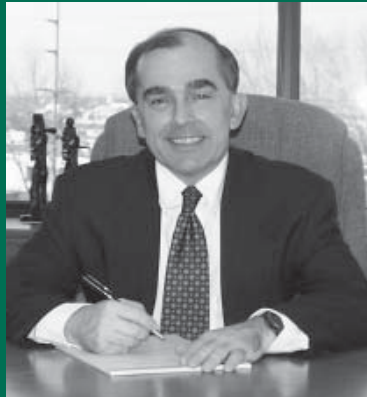


Special Edition:  
**YOUR GUIDE TO  
EMERGENCY RESPONSE**



**ROB DRAKE,**  
**MAYOR**

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# YOUR CITY

CITY OF BEAVERTON NEWSLETTER

SPECIAL EDITION ~ SUMMER 2003

## ***Building a Safer Community***

Beaverton continues to be a safe place in which to live, work and play. I frequently hear from citizens that public safety is the cornerstone of a livable community. We continually work hard to provide the necessary public safety services so that Beaverton is the safest community in Oregon. This past year our combined crime rate decreased 9 percent, which was a much better performance than the region, state and country.

Outstanding public safety service is more than just excellent police protection. Our fire services are provided by Tualatin Valley Fire & Rescue (TVF&R), recently acknowledged by the International Association of Fire Chiefs as among the top fire service agencies in the country. Beyond police and fire services, we have also been training and preparing for natural and man-made disasters.

This issue of *Your City* is dedicated to informing you about our significant efforts in emergency preparedness for responding to natural and man-made disasters. Beaverton is among the leaders in emergency preparedness efforts. Since 1993, we have been coordinating our emergency preparedness efforts regionally through the Regional Emergency Management Group (REMG). Two years later, we began more concentrated and coordinated efforts through partnership with the Office of Consolidated Emergency Management (OCEM) of Washington County. We are part of the OCEM effort with Washington County, Washington County Sheriff's Office, TVF&R and the City of Hillsboro.

The unfortunate east coast terrorist events of September 11, 2001, has elevated the public's awareness for the need to prepare in advance for dealing with unforeseen natural and man-made disasters. Though we have employed the services of a full-time Emergency Manager since 1996, our efforts have increased following the terrorist events of 2001.

Recently, we hired a full-time person to help train and prepare citizen and neighborhood groups for dealing with unforeseen natural and man-made disasters. Officially called a CERT position, it means Community Emergency Response Team. Funding for the first year of the CERT position is being paid for by a federal grant. The CERT trainer will be able to teach people how to help themselves and also prepare their neighborhoods for the time period immediately after a natural or man-made disaster. More information about the services provided by the CERT position is available in this special issue of *Your City*.

This special issue is not meant to

*(Continued on page 2)*

### **Mayor's Hotline**

Your interests and concerns are important to me. A phone line is available 24 hours a day for citizen calls: (503) 526-3700. Messages will be checked daily, and if you leave your name and number, a staff member or I will respond to you as quickly as possible.

### Mayor's Report *(Continued from Page 1)*

frighten you, but give you a sense of calm and security that your City government is working hard to help prepare you for unforeseen events. I care about you and our community very much, which is why I believe we should be proactive in preparing for any potential possibilities. Our world continues to provide challenges, change and evolve quickly. We are enhancing our preparation and coordination as much as possible to help ensure that Beaverton will stay a safe and livable community.

• **Rob Drake, Mayor**

## Emergency Response and Information Directory:

**For all Police, Fire or Medical Emergencies Telephone 9-1-1**

Beaverton Police Department Information .....	503-526-2260
Tualatin Valley Fire & Rescue Information .....	503-649-8577
.....	<a href="http://www.tvfr.com">www.tvfr.com</a>
City of Beaverton .....	503-526-2222
.....	<a href="http://www.ci.beaverton.or.us">www.ci.beaverton.or.us</a>
Washington County Sheriff .....	503-846-2700
Oregon State Police .....	503-731-3030
City of Beaverton Emergency Manager .....	503-642-0383
Office of Consolidated Emergency Management .....	503 649-8577
.....	<a href="http://www.ocem.org">www.ocem.org</a>
Federal Emergency Management Agency (FEMA) On-line Publications .....	<a href="http://www.fema.gov/library/">www.fema.gov/library/</a>
Poison Control Center (24-Hours) .....	1-800-222-1222
American Red Cross, Oregon Trails Chapter .....	503-284-1234
.....	<a href="http://www.redcross-pdx.org/">www.redcross-pdx.org/</a>
Oregon Department of Human Services (services to children and families) .....	503-648-8951
Mental Health Crisis Services .....	503-291-9111
Domestic Violence Crisis Line .....	503-640-1171
Portland General Electric	
Power Outages .....	503-464-7777
Toll Free .....	1-800-544-1795
Customer Service .....	503-228-6322
NW Natural Gas .....	503-226-4211
Plugged Storm Drains (City) .....	503-526-2220
Traffic Signals and Signs (City) .....	503-526-2220
Road Conditions (State) .....	1-800-977-ODOT (6368)
.....	<a href="http://www.tripcheck.com">www.tripcheck.com</a>
ODOT Traffic Cameras .....	<a href="http://cams.stateoforegon.com/">http://cams.stateoforegon.com/</a>

## YOUR CITY

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**THE CITY'S MISSION:**  
*"Preserve and enhance Beaverton as a responsive, dynamic, attractive and safe community."*

Rob Drake, Mayor  
Dennis Doyle, Council President  
Betty Bode, Councilor  
Fred Ruby, Councilor  
Forrest Soth, Councilor  
Cathy Stanton, Councilor

### COUNCIL GOALS:

- 1~Preserve and enhance our sense of community.
- 2~Use City resources efficiently to ensure long-term financial stability.
- 3~Continue to plan for, improve and maintain the City's infrastructure.
- 4~Provide responsive, cost effective service to the community.
- 5~Assure a safe and healthy community.
- 6~Manage growth and respond to change consistent with maintaining a livable, full-service city.
- 7~Maintain Beaverton as a regional leader in cooperative efforts with other agencies and organizations.
- 8~Provide and support a highly qualified and motivated City work force.

## Disaster Management

### Defining Disaster

A disaster has been described as a devastating incident inflicting widespread destruction and distress, where ten or more people lose their lives, 100 or more people are reported to be affected, a call for international assistance has been made, or a declaration of a state of emergency has been given. According to the *World Disaster Report*, released by the Red Cross, there were more than 700 disasters declared last year.

These events had a tremendous effect on the various world regions in which they occurred with over 39,000 lives lost. Over 170 million people suffered some form of consequence, from the damage their communities sustained during these catastrophic events. Earthquakes account for over half of the total. Weather related calamities such as windstorms, wildfires, and drought, made up the majority of the rest of the disasters with floods at the head of the list.

### Economic Costs

As if the degree of human suffering was not enough, the amount of estimated destruction (direct damage to infrastructure, crops, etc.) inflicted by disasters in 2001 was estimated at 24 billion dollars (the damage assessment for 2002 is still being tallied). The average annual cost of disasters over the last decade has exceeded 69 billion dollars, with earthquakes being the most expensive, totaling over 230 billion dollars in damage alone – without even measuring the effect on economies.

### Disasters Effect Communities

These staggering numbers only account for the tragedies that attract world attention and do not reflect the smaller calamities that take place everyday. The American Red Cross estimates that it responds to a disaster every eight minutes, everyday, 365 days a year.

Over 65,000 times last year, the Red Cross responded to not only the large scale disasters mentioned previously, but also to house or apartment fires where families were rendered homeless or temporarily displaced, local floods, windstorms, transportation accidents and hazardous materials spills. The effects of these local, smaller occurrences can create just as much havoc to the communities as any major disaster, limiting emergency services, isolating

neighborhoods, and creating the same types of life and death struggles normally associated with devastation from much larger catastrophes.

### Natural Disasters Occur in the Northwest

If nothing else, these statistics should change the idea that disasters always happen to someone else in some far off corner of the planet. However, if we look back at our history, we find that the West Coast of the United States has proven to be one of those geographical areas vulnerable to many of the calamities that befall other parts of the world.

By most accounts the majority of devastation has predominantly been caused by earthquakes. However, we cannot overlook the destruction caused by windstorms, wildfires, floods, and a volcano or two, to remind us that we are as much at risk as anyone on the globe. As part of the population of the Pacific Northwest living in the City of Beaverton, you are by default, listed in that category of potential victims of a large scale disaster that will sooner or later impact our community.

### Communities Need Basic Skills to Respond

With all the reported data on natural disasters and the realization that today's world has become a different place since September 11, 2001, the need to be aware and prepared has turned out to be an essential and fundamental part of our lives. Just the word "disaster" forces thoughts about surviving, falling back on the basics of people helping and taking care of people, family members, friends and neighbors.

In times past the reality of preparedness truly meant survival, using skills and knowledge acquired out of everyday struggles to overcome the elements and everyday hardships encountered to just maintain a family. The expertise once passed down from generation to generation to keep one safe, healthy, and comfortable has generally been forgotten being replaced by the adeptness needed to regulate a thermostat, program a microwave oven, or order take out at our local fast food. The idea that we may have to relearn any basic skill related to survival in today's world seems pretty far fetched for the majority of us, but as remote as it seems it is forced on people everyday, literally

*(continued on page 4)*

*There were over 39,000 lives lost in disasters around the world in 2002.*

*The American Red Cross responds to a new disaster every eight minutes each day, 365 days per year.*

### **Disaster Management** *(Continued from page 3)*

**45 States and six world countries provide CERT training to citizens.**

**The first Community Education Response Team (CERT) was formed in Los Angeles in 1986.**

waking up to a world without the essentials we have relied on our entire lives.

In a world devoid of heat, water, shelter, and light, “doing what must be done,” is an expression that constantly surfaces when critiquing communities that were thrust into the turmoil of a disaster. Recognizing that this attribute is a common factor during times of tragedy it should not then be a surprise that history has demonstrated that common citizens play a major role, make the most difference, and save the most lives in the early stages of these terrible events or large-scale emergencies.

#### **Citizens Respond**

In 1985, ordinary citizens were credited with over 800 successful rescues during the Mexico City earthquake that registered over 8.1 on the Richter scale. This tragedy killed more than 10,000 people and injured another 30,000. This dramatic number of rescues did not come without a price, as over 100 rescuers lost their lives while attempting to save others.

After reviewing the critiques that followed this tragic event, came the notion of training everyday citizens into neighborhood response teams which would provide the basic skills that could make the difference between being a partner with the ability of providing life saving techniques to their neighbors and community, or being a victim added to the list of casualties. In other words, citizens would be taught how to aid families, friends, and neighbors, by establishing a means to help their neighborhood get through the first 72 hours following a disaster.

#### **CERT is Formed**

In 1986 the Los Angeles Fire Department piloted a community program based on lessons learned from the Mexico City earthquake. The training curriculum was formally adopted by the City of Los Angeles in 1987 after the Whittier Narrows earthquake further demonstrated the need for educating and training citizens in disaster preparedness. The course continued to expand and was adopted in 1993 by FEMA making the training standards available to communities nationwide.

In January 2002, the program now better known as CERT or Community Emergency Response Teams became part of the Citizen Corps, linking a variety of related volunteer activities throughout our nation. As of May, 2003, 45 states and six foreign countries were using the CERT program training.

#### **Benefits of Citizen Training**

Community-based preparedness planning allows us to prepare for and respond to anticipated disruptions and potential hazards following a disaster. As individuals, we can prepare our home and families to cope during that critical period. Through pre-event planning, neighborhoods and worksites can also work together to help reduce injury, loss of life, and property damage. Neighborhood preparedness will enhance the ability of individuals and neighborhoods to reduce their emergency needs and to manage their existing resources until professional assistance becomes available.

Studies of behavior following disaster have shown that groups working together in the disaster period perform more effectively if there has been prior planning for disaster response. These studies show that organized grassroots efforts may be more successful if they are woven into workplaces, places of worship, and other existing organizations.

#### **Coordinating Citizen Training**

Effective response requires comprehensive planning and coordination of all who will be involved: government, volunteer groups, private businesses, schools, and community organizations. With training and information, individuals and community groups can be prepared to serve as a crucial resource capable of performing many of the emergency functions needed in the immediate post-disaster period. The Community Emergency Response Team (CERT) program is designed to help communities prepare for effective disaster response through training and preparation.



### Beaverton *READY*

The City of Beaverton, continuing its commitment to make our city safe, self-sufficient, and prepared, has embarked on its own *Community Emergency Response Team* program (CERT) called "Beaverton Ready". As the program name implies, the City is preparing for the possibility that emergency services may not have the ability to assist all of citizens to the degree they are accustomed to if a disaster should strike.

The City has begun setting a series of goals to change the role of our citizens from one of victim to partner when a disaster strikes our community, by:

- Developing a program to create motivated teams capable of safely responding and managing neighborhood emergencies until front-line emergency responders arrive.
- Establishing well trained, competent, organized, and self-contained teams that can assist front-line emergency responders when local emergency resources have been depleted.
- Maintaining a resource pool of talented and well-trained citizen volunteers who are willing

to assist local agencies to enhance the safety and well being of their families, community, businesses and neighborhoods.

- Creating a better prepared community by using community teams to assist in outreach and public education activities.

The outcome of accomplishing these goals will give our community the basic skills needed to minimize the impact of a disaster on our neighborhoods, which ultimately makes our community safer, our citizens prepared, and the City of Beaverton *READY* to face the future.



### The City of Beaverton

**is looking for teams of 15 or more people to attend the City's first CERT class. If you have a team, or would be interested in attending as an individual, contact us at:**

**CERT@ci.beaverton.or.us**  
**www.ci.beaverton.or.us**  
**(503) 350-4085**

**You need to be able to attend ALL of the scheduled training classes and the final exercise.**

The training will be held from 6:30-9:30 p.m. on:

Wednesday, September 17

Wednesday, September 24

Wednesday, October 1

Wednesday, October 8

Wednesday, October 15

Wednesday, October 29

and Saturday, November 1 (8:00 a.m. - 12:00 p.m.)



# Beaverton CERT Training



The primary reason for CERT training is to give people the decision-making and physical skills to offer immediate assistance to family members, neighbors, and associates. While people will respond to others in need without the training, the goal of the CERT program is to help them do so effectively and efficiently without placing themselves in unnecessary danger. The following information provides a breakdown of each of the class modules, giving you a better understanding of the skills required and the training provided.

The fact that no one can predict what might be encountered during and after a catastrophic

event is the reason for the wide spectrum of training and preparedness provided in this program. Unlike a first aid class or a wilderness survival course that covers specific points of care and preparation, CERT training will in fact cover many of these same points but in addition will also introduce further skills that typically are not included in most training courses. The course wraps up with a simulated realistic disaster scenario that will allow the participant to use the skills that have been taught and apply basic hands-on techniques to respond and manage emergency situations.

### Unit 1: Disaster Preparedness

- Introductions and Overview
- Recent Disasters and Emergencies
- Disasters and Disaster Workers
- Disaster Threats
- Impact on the Infrastructure
- Structural and Nonstructural Hazards
- Hazard Mitigation
- Home and Workplace Preparedness
- Community Preparedness
- Protection for Disaster Workers

### Unit 2: Fire Safety

- Fire Chemistry
- Reducing Hazards in the Home and Workplace
- CERT Sizeup
- Firefighting Resources
- Fire Suppression Safety
- Hazardous Materials
- Exercise: Suppressing Small Fires

### Unit 3: Disaster Medical Operations - Part 1

- Treating Life-Threatening Conditions
- Triage

### Unit 4: Disaster Medical Operations - Part 2

- Public Health Considerations
- Functions of Disaster Medical Operations
- Establishing Treatment Areas
- Conducting Head-to-Toe Assessments
- Wound Care and Treating Burns

- Treating Fractures, Sprains, and Strains
- Splinting
- Nasal Injuries
- Treating Hypothermia

### Unit 5: Light Search and Rescue Operations

- Search and Rescue Sizeup
- Conducting Search and Rescue Operations

### Unit 6: CERT Organization

- CERT Organization
- CERT Decision making
- Documentation
- Tabletop Exercise

### Unit 7: Disaster Psychology

- Team Well-Being
- Working with Survivors' Trauma

### Unit 8: Terrorism and CERT

- What is Terrorism
- Terrorist Targets and Weapons
- B-NICE Indicators
- Preparing at Home and Work
- CERTs and Terrorist Incidents

### Unit 9: Course Review and Disaster Simulation

- Course Review
- Disaster Simulation
- Exercise Critique and Summary
- Graduation

## Emergency Preparedness Calendar

The calendar on pages 7 and 8 is intended to be used as a tool to help you prepare for disasters before they happen. After you purchase an item or complete an activity, check the box next to it.

### MONTH 1

#### Purchase:

- ☐ Water - 3 gallons per person and pet
- ☐ Hand-operated can opener and bottle opener
- ☐ Instant drinks (coffee, tea, powdered soft drinks)
- ☐ 2 flashlights with batteries

#### Activities:

- ☐ Make your family disaster preparedness plan
- ☐ Inventory disaster supplies already on hand, especially camping gear
- ☐ If you fill your own water containers, mark them with the date filled
- ☐ Date water/food containers if they are not dated
- ☐ Conduct a home hazard hunt

### MONTH 2

#### Purchase:

- ☐ Canned meat, stew, or pasta meal - 5 per person
- ☐ Sanitary napkins
- ☐ Videotape
- ☐ Family-size first aid kit

#### Activities:

- ☐ Change battery and test smoke detector (purchase and install a detector if you do not have one)
- ☐ Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.

### MONTH 3

#### Purchase:

- ☐ Canned fruit - 3 cans per person
- ☐ Any foods for special dietary needs (enough for 3 days)
- ☐ 2 rolls of toilet paper per person
- ☐ Crescent wrench(es) (or utility shutoff tools)

#### Activities:

- ☐ Conduct a home fire drill
- ☐ Check with your child's day care or school to find out about their disaster plans
- ☐ Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them
- ☐ Establish an out-of-state contact to call in case of emergency

### MONTH 4

#### Purchase:

- ☐ Canned vegetables - 4 per person
- ☐ Extra baby bottles, formula, and diapers, if needed
- ☐ Extra pet supplies: food, collar, leash
- ☐ Large storage container(s) for preparedness supplies

#### Activities:

- ☐ Place a sturdy pair of shoes and a flashlight under your bed in case of an emergency
- ☐ Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label
- ☐ Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member

### MONTH 5

#### Purchase:

- ☐ Canned, ready-to-eat soup - 2 per person
- ☐ Liquid dish soap
- ☐ Plain liquid bleach
- ☐ Portable am/fm radio (including batteries)
- ☐ Anti-bacterial liquid hand soap
- ☐ Disposable hand wipes

#### Activities:

- ☐ Make photocopies of important papers and put in the storage container
- ☐ Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry)

### MONTH 6

#### Purchase:

- ☐ Quick-energy snacks (raisins, granola bars, peanut butter)
- ☐ 6 rolls of paper towels
- ☐ 3 boxes of facial tissue
- ☐ Sunscreen
- ☐ Anti-diarrhea medicine
- ☐ Latex gloves, 6 pairs, (to be put with the first aid kit)

#### Activities:

- ☐ Check stored water expiration date. (Replace every six months if you filled your own containers. Store-bought water will have an expiration date.)
- ☐ Put an extra pair of eye-glasses in the supply container
- ☐ Store a roll of quarters and locate the nearest pay phone
- ☐ Find out about your workplace disaster plans

## Your Guide to Emergency Response

# Emergency Preparedness Calendar *(Continued from page 7)*

*This calendar is intended as a tool to help you prepare for disasters before they happen.*

*After you purchase an item or complete an activity, check the box next to it.*

### MONTH 7

#### Purchase:

- ☐ Whistle
- ☐ ABC fire extinguisher
- ☐ 1 large can of juice per person
- ☐ Adult and children vitamins
- ☐ A pair of pliers and/or vise grips

#### Activities:

- ☐ Take a first aid/CPR class
- ☐ Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone
- ☐ Show family members where and how to shut off the utilities

### MONTH 8

#### Purchase:

- ☐ Box of crackers or graham crackers
- ☐ Dry cereal
- ☐ "Child proof" latches or other fasteners for cabinet doors and drawers
- ☐ Box of large, heavy-duty garbage bags
- ☐ Camping or utility knife

#### Activities:

- ☐ Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes
- ☐ Meet with neighbors to inventory equipment that could be shared in an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles

### MONTH 9

#### Purchase:

- ☐ Extra batteries for flashlights, radio, and hearing aids (if needed)
- ☐ Heavy rope
- ☐ Duct tape
- ☐ Crowbar

#### Activities:

- ☐ Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones.
- ☐ Secure water heater to wall studs (if not already done)

### MONTH 10

#### Purchase:

- ☐ Hammer and assorted nails
- ☐ Screw drivers and assorted wood screws
- ☐ Heavy duty plastic tarps or sheets of visquine
- ☐ Extra toothbrush per person and toothpaste

#### Activities:

- ☐ Make arrangements to have someone help your children if you're at work when an emergency occurs
- ☐ Conduct an earthquake drill at home
- ☐ Replace prescription medicines as required by expiration dates

### MONTH 11

#### Purchase:

- ☐ Package of paper plates
- ☐ Package of napkins
- ☐ Package of eating utensils
- ☐ Package of paper cups
- ☐ Masking tape
- ☐ Kitchen-size garbage bags (1 box)

#### Activities:

- ☐ Make arrangements to have someone take care of your pets if you are at work when an emergency occurs
- ☐ Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency
- ☐ Start a Neighborhood Watch Program if none exists

### MONTH 12

#### Purchase:

- ☐ Heavy work gloves
- ☐ Box of disposable dust masks
- ☐ Safety goggles
- ☐ Antiseptic
- ☐ Sewing kit

#### Activities:

- ☐ Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.)
- ☐ Check the dates on stored food and replace as needed



# What Is Emergency Management?

Emergency Management is the process of coordinating available resources to combat emergencies effectively, saving lives, avoiding injury, and minimizing economic loss.

The Federal Emergency Management Agency (FEMA) was created in 1979 with the consolidation of five federal agencies that were dealing with different types of emergencies. Since then, many states and local jurisdictions have accepted this approach and changed the names of their organizations to include the words “emergency management.”

### What is Comprehensive Emergency Management?

There are similarities in how we react to all potential hazards, whether they are natural, technological (man-made), or an attack on the nation, which indicates that many of the same management strategies can be applied to all such emergencies. Local, state and national levels of government rely on these similarities to build a comprehensive emergency response strategy.

### What are the four phases of Emergency Management?

Disasters do not just appear one day and disappear the next. Each disaster has a life-cycle matched by a series of management phases to mitigate the hazards, prepare for and respond to emergencies, and recover from their effects.

**Mitigation:** *Actions taken to eliminate a hazard, or to reduce the probability and the effect, should the disaster occur.* Such actions include building codes, and land use and zoning requirements.

**Preparedness:** *Actions taken to facilitate disaster response and recovery.* This includes planning, training and equipping local government and citizens to respond to emergencies. Examples include the development of emergency operations plans and guidelines, and training of personnel.

**Response:** *Actions taken to save lives and property during an emergency.* This may include search and rescue, fire suppression, evacuation, and emergency sheltering. It may also include behind-the-scenes activities such as activating emergency plans and activation of an Emergency Operations Center (EOC).

**Recovery:** *Actions taken to return a community to normal or near normal conditions.* This could include reconstruction of roads and public facilities and securing financial aid for disaster victims.

### Beaverton's Emergency Management Program

The City of Beaverton has an Emergency Management Program responsible for preparing the City for all types of disasters. The program employs a full time emergency manager as well as a CERT coordinator.

City staff are divided into teams and train throughout the year on emergency response. Staff from all departments and at all position levels participate. Staff are divided into shift teams and are trained in several different areas such as: disaster mitigation, disaster preparedness, disaster response and disaster planning. These teams work on exercises throughout the year to test their skills in these areas.

The City has an Emergency Operations Center. If an emergency ever strikes Beaverton, staff will assemble at this location to begin the task of emergency response and management.

The Mayor and City Council participate in emergency response training. If a serious emergency ever occurs in Beaverton, the Mayor and City Council, as well as staff, are prepared and ready to respond.



## Your Guide to Emergency Response

### 72 Hour Emergency Kits

It's never too early to prepare! Disasters seldom give warning and are often devastating to their victims. Due to overwhelming need or the lack of road access, emergency services may not be available for up to 72-hours after a major disaster. The following charts list items you should consider in your emergency kit:

#### WATER

1 gallon per person, per day.  
3 day minimum supply (7 days if possible).

Have eye dropper and bleach on hand  
for sterilizing if necessary.

Extra water for pets, if necessary

## 33 GALLON GARBAGE CAN

#### FIRST AID KIT

The contents should fit the needs of your family, filling a small tool box, fishing tackle box or other plastic container. Consider preparing a specialized kit to meet your own family needs or purchase a prepared kit from an area store. Remember, this kit need only be adequate for a 3-7 day emergency.

#### PERSONAL

Toiletries (soap, toothbrush, toothpaste, etc.)  
Towels and washclothes  
One change of clothing per person  
Sanitation supplies (toilet tissue, kleenex, plastic bags, paper towels, etc.)  
Matches and candles  
Flashlight with extra batteries

#### FOOD

3-day supply that requires no refrigeration or cooking: canned fish, pork & beans, nuts, raisins, dried fruits, canned juices, peanut butter, crackers, graham crackers, sunflower seeds, granola bars, canned puddings, hard candies, cookies. Baby food, if needed. Pet food, if needed. Don't forget a can opener.

#### BLANKETS AND/OR SLEEPING BAGS

#### PLASTIC SHEETS AND CLOTH SHEETS, IF POSSIBLE.

#### MISCELLANEOUS

Sewing kit, eating utensils (plates, cups, plastic forks/knives/spoons), battery powered radio and clock (with extra batteries), bucket, shovel, broom, ax, books and games, aluminium foil, plastic sandwich bags/food storage bags, portable stove with fuel (if possible), pot and pan, coffee pot, list of insurance policy numbers, fire extinguisher, medications, copy of prescriptions, hearing aid batteries, heavy gloves, duct tape, household bleach, map of area, diapers, baby formula, vaccination records.

## Earthquake Preparation

Experts believe it is only a matter of time before there is a major earthquake in Oregon. In recent years, we have been made aware of the local potential for earthquakes with examples such as the Spring Break Quake, the Klamath Falls and Molalla earthquakes and the more recent one near Olympia, Washington. Scientists have recently discovered that Oregon has experienced large earthquakes in the past, earthquakes that are larger than those experienced frequently in California. These large earthquakes occur on a 300 to 500 year basis. The question is not whether Oregon will experience the widespread devastation of an earthquake, but when. The Oregon Department of Geology estimates a large earthquake in Oregon could result in 8,000 lives lost, 30,000 buildings destroyed, and damages exceeding \$12 billion.

When you are in your home, at work, in school, or in any other type of building, it is important to know how to protect yourself during an earthquake and its

aftershocks. Falling objects cause most earthquake-related injuries.

When you begin to feel an earthquake, **DROP** to the floor and get under a sturdy piece of furniture such as a desk or table. Stay away from windows, bookcases, pictures, mirrors or other heavy objects that may fall. Be aware of falling materials such as plaster, ceiling tiles, and bricks that may come loose during the quake.

Stay under **COVER** until the shaking stops. **HOLD ON** to the desk or table that you are under and if it moves, move with it. If you are not near a table or desk, move against an interior wall and protect your head with your arms. Do not go into a doorway since the shaking can cause the door to swing forcibly shut.

After an earthquake, be prepared for aftershocks and identify where you will take cover when they occur.

**DROP**



**COVER**



**HOLD ON**



### What to do in an earthquake when you are...

#### ...in High-Rise Buildings

Do not use the elevators and do not be surprised if the fire alarm and/or sprinkler systems come on.

#### ...Outdoors

Move to a clear area away from trees, signs, power lines, buildings and poles.

#### ...Near Buildings

Be aware of falling bricks, glass, plaster and other debris. Move into an entryway and protect your head with your arms.

#### ...Driving

Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside your vehicle until the shaking stops.

#### ...in Retail Store or other Public Place

Do not rush the exit. Move away from shelves and displays that may fall over or

contain objects that could fall. Drop, cover and hold on.

#### ...in a Wheelchair

If you are in a wheelchair, stay in it. Move to cover, if possible (e.g. an interior wall), lock your wheels, and protect your head with your arms.

#### ...in a Kitchen

Move away from the refrigerator, stove and overhead cupboards. Drop, cover and hold on.

#### ...in a Theater or Stadium

If possible, get on the floor between the rows and cover your head with your arms.

Otherwise, stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops. Leave in a calm, orderly manner.

### Do You Have

- Working smoke detectors on each level of your home?
- Fire extinguishers in the kitchen and garage?
- An escape ladder for upper floors?
- An escape plan?

## Home Fire Safety:

**Prepare, Prevent, and Practice to protect your life, family and home from fires.**

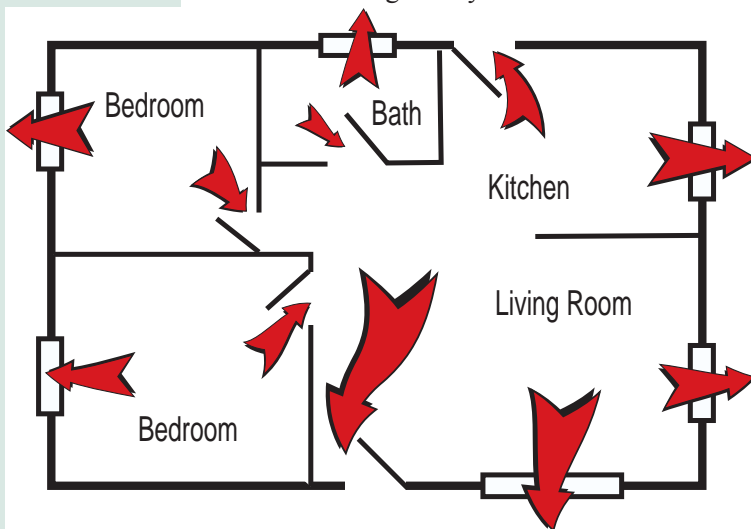
### PREPARE

#### *Working Smoke Detectors*

Test your detectors monthly and change the detector batteries twice a year. Consider retrofitting with smoke detectors featuring lithium batteries that can last up to ten years. You should NEVER disable a smoke detector – only working smoke detectors save lives!

#### *Home Escape Plan* (also see “PRACTICE”)

Draw a diagram of your house showing doors and windows and identify two escape routes out of every room. Include in the plan an outdoor meeting place a safe distance from the house where everyone will report (e.g., mailbox) and teach everyone to leave the house and never re-enter the building for any reason.



#### *Visible Address*

Make sure your address is marked clearly and is visible from the street so emergency crews can find your house quickly.

### PREVENT...

#### *Heating Equipment*

Never use charcoal or unvented appliances in your home and clean/service your chimneys and heating systems annually. Keep combustibles at least 18 inches away from baseboard and portable heaters and never leave a portable heater unattended in a room or around children.

#### *Smoking /Ashes*

NEVER smoke in bed! Extinguish smoking materials in sturdy, non-tip ashtrays - do not throw them into trash cans, shrubbery, or barkdust. Hot

ashes and briquettes should be disposed of in metal containers, not in paper bags, cardboard boxes, trash cans, or plastic buckets. Briquettes and ashes can stay hot for several days so keep the containers far away from the side of the house and off of wood decks and patios.

#### *Matches & Lighters*

**KIDS + MATCHES/LIGHTERS = FIRE!**

Keep matches and lighters out of the reach of children. Teach children to tell an adult when they find matches or lighters, and that those items are not toys. Consider using only lighters with child-resistant features.

#### *Cooking*

Keep combustibles away from cooking surfaces - even if the heating elements are not in use and never leave the room when burners are on especially when warming food. In case of a grease or pan fire, NEVER throw water on it. Smother the fire with the lid to the pan or use an extinguisher. Do not store items in the oven.

#### *Electrical Safety*

Extension cords should not be used in place of permanent wiring and if you cannot avoid using a number of power cords, be sure to use power strips with circuit breakers. Do not overload plugs or extension cords! Do not overlook tripped circuit breakers, as they may be an indication of a dangerous situation.

#### *Flammable Liquids*

Store paint, paint thinner, gasoline, and other flammable liquids outside your dwelling and away from heat sources. To prevent spontaneous ignition, rags or combustibles soaked with flammable liquids should be discarded in metal containers with tightly sealing lids, not trash cans.

### PRACTICE

Panic can slow you down - know what to do and how to do it! Hold regular fire drills to practice your home escape plan. Practice crawling low under smoke and escaping via windows, especially using fire escape ladders. Be sure to include meeting at the designated point and going to a neighbor's home like you would to call 9-1-1. Keep track of how quickly you clear the house - try to be as fast as possible! Remember, you may have less than two minutes to escape! Mix it up . . . practice a variety of scenarios, just in case!

For more fire and life safety information, visit [www.tvfr.com](http://www.tvfr.com)



## Smoke Detectors and Fire Extinguishers

### Smoke Detectors



Half of home fires and three-fifths of fire deaths occur in homes without smoke detectors. It is important that you not only have a smoke detector, but that you check and maintain it frequently.

#### Battery-Powered

Battery-powered smoke detectors typically operate on alkaline batteries. The battery should be checked weekly and replaced twice a year. A good time to do this is when you change your clock in the fall and spring.

#### 10-Year Smoke Detector

All smoke detectors sold in Oregon after January 1, 1998, must have a 10-year battery, which eliminates the need for annual battery replacement, and a hush feature. The hush feature allows you to silence the alarm when it's activated by smoke from cooking or steam from a shower. If the hush button is pushed, the alarm will be silenced for 15 minutes and will then reset itself.

#### Hard-Wired without Battery Back-up

This type of smoke detector operates on household current. As long as you have electricity, it will function; but if your house loses power, it will no longer function. If you have this type, you should also install battery-operated models for back-up.

#### Hard-Wired with Battery Back-up

These are hard-wired models that have battery back-up so the detector will still function in case of power failure. If you have this type, the battery should be changed twice a year or when needed.

#### Hearing Impaired

There are smoke detectors available that have been designed for the hearing impaired. These smoke detectors have strobe lights that, when activated, emit a bright white light that is able to awaken most people from their sleep.

#### Make Placement a Priority

At a minimum, there should be a smoke detector in the hallways and corridors between the sleeping areas and the rest of the house, and/or a smoke detector in the center of the ceiling directly above each stairway. Because smoke


risks, smoke detectors should be mounted high on the wall or ceiling. Avoid installing detectors near air supply duct outlets and windows and between bedrooms and the furnace cold air return. For a wall-mounted unit, the top of the detector should be 6-12 inches from the ceiling. Since smoke detectors can collect dust, you can ensure it is clean by following the manufacturer's recommendations for cleaning or using a vacuum cleaner to remove dust and cobwebs.

### Fire Extinguisher A,B,Cs




Fire extinguishers are labeled according to the type of fire for which they are intended. Using the wrong type of extinguisher could worsen a situation. Fire extinguishers may be labeled with letters (A,B,C,D) and pictures or pictograms to indicate the type of fire on which they can be used. Blue pictures or pictograms indicate the type of fire for which an extinguisher can be used, while black with a slash through it indicates the type of fire on which the extinguisher should **not** be used.


#### Type A: Ordinary Combustibles

**A**  This is a water type of extinguisher to be used on fires involving paper, cloth, wood, rubber, and many plastics.


#### Type B: Flammable Liquids

**B**  This type should be used on oils, gasoline, some paints, lacquers, grease in a pan or oven, solvents, and other flammable liquids.

#### Type C: Electrical Equipment

**C**  This type should be used on fires in wiring, fuse boxes, and other energized equipment.

#### Type D: Metals

 This type should be used on combustible metals such as magnesium and sodium.

#### Buying and Maintaining a Fire Extinguisher

If you plan to buy just one extinguisher, a multi-purpose dry chemical extinguisher labeled ABC puts out most types of fires. You should always recharge or replace the extinguisher after any use.

### The PASS System:

**P** = Pull the release pin



**A** = Aim at the base of the fire - not the flames



**S** = Squeeze the handle



**S** = Sweep from side to side until the fire is out.



## Family Disaster Planning

Whether faced with a family emergency or a regional disaster, the effort you have put into family preparedness and disaster planning will play a large role in how well you “survive” the event. The following steps can help you enhance your family’s preparedness.

### 1. IDENTIFY THE HAZARDS

Visit the library, contact the American Red Cross or your local Emergency Manager, and log on to the Federal Emergency Management Agency (FEMA) web site at [www.fema.gov](http://www.fema.gov) to learn about various types of hazards.

### 2. LEARN HOW THE HAZARDS CAN IMPACT YOUR FAMILY

Assess what the consequences might be for your family when disaster strikes. Consider the time of day, the day of the week, and the time of year. Be sure to think about: injury, isolation, separation, phone outages, power outages, water outages, and property damage.

### 3. IDENTIFY STEPS YOU CAN TAKE TO MINIMIZE OR PREVENT THE HAZARD IMPACTS

Determine procedures and practices you can develop/implement to enhance your disaster resistance, such as:

- Plans for home escape, neighborhood evacuation, and family communication.
- Procedures for drop, cover, and hold; shelter in-place; and utility shutoff.
- Hazard-resistant construction materials.
- Floodproofing, landscaping, and site drainage practices.
- Non-structural earthquake hazard mitigation techniques.
- Warning system installation (e.g., smoke detectors).
- Comprehensive hazard insurance for your home and personal property (e.g., fire, flood, and earthquake).

### 4. IDENTIFY EQUIPMENT AND SUPPLIES YOU’LL NEED TO HELP SURVIVE POTENTIAL CONSEQUENCES

- Food, water and sanitation supplies.
- First aid supplies
- Clothing and bedding
- Prescription and non-prescription medicines
- Light Sources (flashlights, candles, light sticks)
- Tools, Equipment, and Supplies (manual can opener, utensils, fire extinguisher,

matches, money, batteries, etc.)

- Special Items (baby supplies, pet food, important family documents, etc.)

### 5. IDENTIFY THE EQUIPMENT, SUPPLIES, PROCEDURES, AND PRACTICES YOU ALREADY HAVE IN PLACE

- Camping Gear (sleeping bags, cooking equipment, utensils, etc.)
- Fire Escape Plan
- Extra Food and Water
- First Aid Kit

### 6. IDENTIFY YOUR SHORTFALLS

What equipment, supplies, procedures, and plans do you need to complete your family preparedness effort?

### 7. DEVELOP A PLAN TO ELIMINATE THE SHORTFALLS

Identify short and long term objectives. For the short term, focus on items that are low cost or easy to implement and that have high payoff. Some suggestions include:

- Develop a simple family communications plan such as a wallet card with common numbers to call and important policy numbers.
- Attend CPR and/or basic first aid training
- Begin or expand your disaster supplies kit.
- Host a neighborhood meeting to exchange preparedness information and ideas.

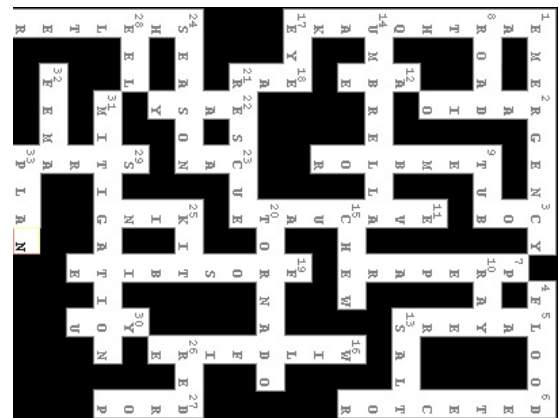
### 8. TRAIN AND MAINTAIN

- Conduct fire evacuation drills.
- Test smoke detectors.
- Test/recharge fire extinguishers.
- Test communications plans.
- Replace stored food, water, and medicines before the expiration date.

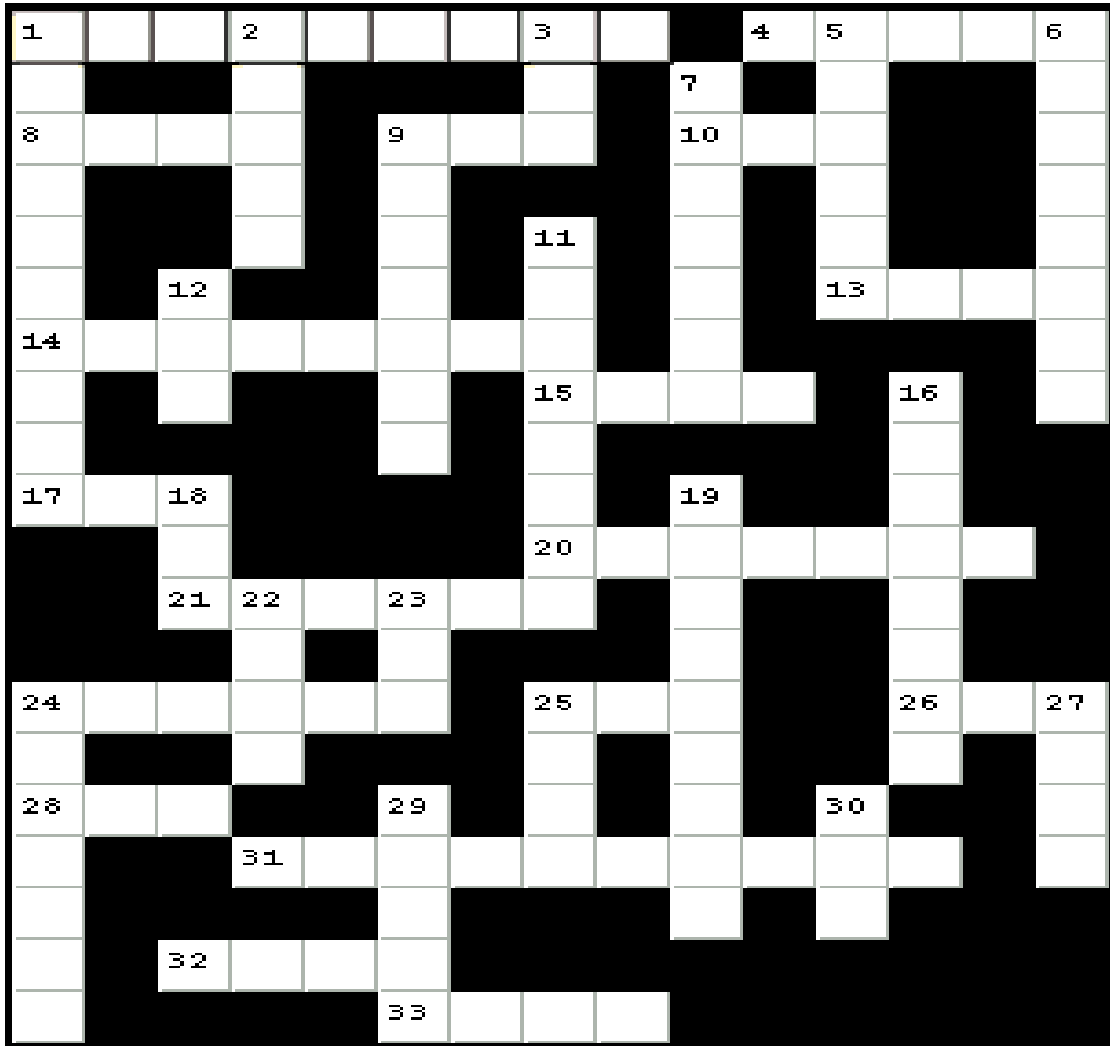
*Where will you and your family be when disaster strikes?*

*What would you do if basic services - water, gas, electricity, and telephones - were cut off for long periods?*

### Answer Key to Puzzle on Page 15:



# Your Guide to Emergency Response



## ACROSS

- 1 The Federal \_\_\_\_ Management Agency
- 4 A natural disaster involving very high water
- 8 An important evacuation route
- 9 Where you take a bath
- 10 A \_\_\_\_ of sunshine
- 13 \_\_\_\_ and pepper
- 14 It can keep the rain off you
- 15 What you do with gum
- 17 A hurricane swirls around an: \_\_\_\_
- 20 A funnel cloud
- 21 Urban search and \_\_\_\_
- 24 Hurricane \_\_\_\_ runs from June to November
- 25 All families need a Disaster Supply \_\_\_\_ with food, water and other items
- 26 FEMA works with the American \_\_\_\_ Cross to help people in a disaster
- 28 A long, flat fish
- 31 This word means to reduce risk to your home from a disaster
- 32 The federal agency that helps people during a disaster (abbreviation)
- 33 All families need a Disaster \_\_\_\_ so you will know what to do

## DOWN

- 1 A disaster caused by the ground shaking
- 2 An important part of your disaster kit: a battery-powered \_\_\_\_
- 3 Corn on the \_\_\_\_
- 5 When it is cold, dress in \_\_\_\_
- 6 All homes need a smoke \_\_\_\_
- 7 It is important to \_\_\_\_ for disasters
- 9 Another name for an earthquake
- 11 If a disaster comes, you may be asked to \_\_\_\_ (leave your home)
- 12 The shortened first name of President Lincoln
- 16 A fire that sweeps through prairies, forests or other wide open areas is called a: \_\_\_\_
- 18 Listen for a tornado with your \_\_\_\_
- 19 When it is cold outside, you have to be careful about \_\_\_\_
- 22 Being a Disaster Action Kid is not \_\_\_\_
- 23 Disasters happen, but people \_\_\_\_ prepare
- 24 When you evacuate, you may stay in a \_\_\_\_
- 25 The husband of a queen
- 27 In an earthquake, \_\_\_\_ and cover
- 29 You should \_\_\_\_ your waterheater to the wall
- 30 If you evacuate, take your pet with \_\_\_\_

# FIRST AID TIPS

First aid is the immediate care given to a person who is injured or ill. Sudden illness or injury can often cause irreversible damage or death to the victim unless proper care is initiated as soon as possible. First aid includes identifying a life-threatening condition, taking action to prevent further injury or death, reducing pain, and counteracting the effects of shock, should they be present.

Because life-threatening situations do occur, everyone should know how to provide emergency care until a victim can be treated or transported to a medical facility.

First aid is not intended to replace care by a physician. Its intent is to protect the victim until medical assistance can be obtained. For any situation that appears to be life-threatening, it's important to remember to call 9-1-1 and get help on the way as soon as possible.

An accident can occur at any time or any place. If you are the first person to arrive, there are a few basic principles you should follow to protect yourself and the victim. First, **CALL 9-1-1**; then:

1. **Survey the Scene.** Before you help the victim, determine if the scene is safe.

- If anything dangerous is present, don't put your own life at risk to try and help the victim; you will be of no aid if you become a victim too. Summon help and wait for trained people to resolve the situation.

- If the scene is safe, try and determine what happened and how many victims there may be. Never move the victim unless an immediate, life-threatening danger exists, such as a fire or the threat of a building collapse.

2. **Primary Victim Survey.** After ensuring the scene is safe, you can turn your attention to the victim. Begin by performing a primary survey to determine if the victim:

- (A) is conscious
- (B) has an open, unobstructed airway
- (C) is breathing
- (D) has a heartbeat
- (E) is not bleeding severely

To check for consciousness, gently tap the person and ask if they are okay. If there is no response, this is an indication that a possible life-threatening situation may exist. If the person is responsive and can talk or cry, this indicates they are conscious, breathing, have an unobstructed airway, and a pulse.

If the victim is unconscious, kneel down next to the head and check for the **ABC's**: Airway, Breathing, and Circulation.

To check the Airway (clear and maintain an open airway), Breathing (restore breathing), and Circulation (restore circulation), place your ear next to the victim's mouth and listen/feel for breath sounds while looking for a rise and fall of the chest. While doing this, check for a pulse by placing your fingers on the neck, just below the angle of the jaw, and feel for the pulse from the carotid artery. These three steps will determine if cardiopulmonary resuscitation (CPR) is needed.

If you would like to **learn how to perform CPR and First Aid**, contact **Tualatin Valley Fire and Rescue**, your local hospital, or the **American Red Cross**.

## Emergency Preparedness Begins with Each of Us!



Photos courtesy of FEMA.

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